

Gym Orientation (FREE)

All new members are expected to participate in at least one (1) orientation/training session with our Certified Personal Trainer Claire Ondrovic. Claire will be in the gym twice a month on certain Tuesdays and Thursdays to give FREE assistance & guidance to all members.

Check the website for updates:

<http://www.bnl.gov/bera/recreation/fitness.asp>

2013	
Claire will be at the gym between 5-7pm on:	
Tuesday, January 8	Thursday, January 24
Tuesday, February 5	Thursday, February 28
Tuesday, March 5	Thursday, March 21
Tuesday, April 9	Thursday, April 25
Tuesday, May 7	Thursday, May 16
Tuesday, June 11	Thursday, June 20

Tours & information are always available.
Contact Christine Carter at ext 5090.